



# Dementia Forum X

A Global Action  
on Dementia

15<sup>th</sup> of May 2019

The Royal Palace of Stockholm





# Dementia Forum X

The third Dementia Forum X took place on May 15, 2019, at the Royal Palace of Stockholm. We were humbled by the presence of more than a hundred and thirty of the world's leading business executives, policy-makers and key stakeholders from the sectors of society, care, research, finance, and business. I am hopeful that the inspiring conversations, which took place around the topics of Finance, Innovation, and Women's Brain Health have laid the foundations of a dementia-ready future.

We would like to express our deepest thanks to Her Majesty Queen Silvia of Sweden for her continued support of Dementia Forum X since the start. We are extremely grateful that Her Majesty has generously offered the magnificent Royal Palace of Stockholm as a venue for the event and for Her Majesty's personal commitment to improving the state of elderly and dementia care worldwide which is, undoubtedly, our fundamental ambition. In this spirit, I extend my gratitude and warm regards to Her Majesty Queen Sofia of Spain, and Her Royal Highness Princess Sofia of Sweden for their unwavering support as they graced the event for the second time since 2017. I am also sincerely thankful to Her Imperial Highness Princess Takamando of Japan and the First Ladies of Iceland Mrs. Eliza Reid and Chile Mrs. Cecilia Morel for honoring us with their presence at Dementia Forum X.

Without the cooperation of our partners, Dementia Forum X would not be possible. The credit for its continued success goes to our collaboration partners Forte, Karolinska Institutet, Stiftelsen Silviahemmet, Svenskt Demenscentrum and Swedish Care International along with leading organizations AARP, Alzheimerfonden, Alzheimer's Disease International, Arjo, Biogen, BioArctic, Boklok, Dr. Åke Olsson

Foundation, Global Alliance on Women's Brain Health, Home Instead Senior Care, Otsuka, Skandia and Öhman.

This year, we were very fortunate to have the World Health Organization launch their Global Guidelines for Dementia Risk Reduction at Dementia Forum X. Today there is no cure for dementia but addressing risk factors can slow its onset and progression. Thus these guidelines are essential in ensuring that we as a global society are prepared to address the challenges of the disease and take proactive measures in reducing its risk. You will find in this book, a summary of the guidelines.

When we founded Dementia Forum X, our aim was to bring together representatives from different sectors and provide a medium for important dialogue around improving the lives of those with dementia, their families and caregivers. We are dedicated to achieving this goal and move a step closer to dementia-ready societies each year. I am eagerly anticipating the results of this year's meeting, and look forward to reviewing them with our partners during the Working Meeting in 2020.

In this book, you will find the highlights of today's event. We hope it serves as a tool for critical reflection and the basis for future work.

Thank you for your presence at Dementia Forum X. We look forward to welcoming you again in 2021.

*Dr. Karin Lind-Mörnsten, CEO of Forum for Elderly Care and Swedish Care International  
klm@dementiaforumx.org*





# About Dementia Forum X

With the purpose of promoting new ideas, collaborations, and increasing global awareness, Dementia Forum X brings together leading experts from different sectors to create a joint understanding of the global effects of dementia.

Since 2015, Dementia Forum X has been committed to providing a platform for important discussions around dementia and its challenges. It is held biennially under the patronage of Her Majesty Queen Silvia of Sweden at the Royal Palace of Stockholm. Founded by Forum for Elderly Care and Swedish Care International, it is organized in collaboration with Stiftelsen Silviahemmet, Forte, Karolinska Institutet, and Svenskt Demenscentrum.

This year at Dementia Forum X, we focused on three key areas: Finance, Innovation and Women's Brain Health. These topics were identified by our partners at the Working Meeting in 2018 and formed the basis of our conversations this year. As we know, dementia is a trillion dollar disease and most of these costs are borne by caregivers, especially informal caregivers. Research in this field also lacks adequate funding and we need to mobilize governments, civil societies and organizations to meet these financial needs. Within Innovation, we discussed in our Interactive Sessions the impacts of a possible disease-modifying drug and the potential of new technology to change the way dementia care is practiced. Finally, our focus on Women's Brain Health was important in reminding us of the urgency to refocus our agenda on dementia to make it more gender-focused because the research we have today

paints of a disproportionate picture of the disease's true impact on the lives of women.

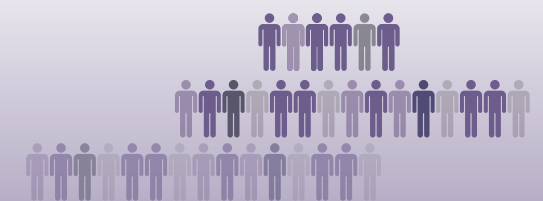
As opposed to a traditional conference, the aim of Dementia Forum X has always been to engage and involve all its participants, whether that is through stage contributions, interactive sessions or substantial networking opportunities. The day began in the Bernadotte Library with an opening address by HE Mrs. Lena Hallengren, Minister for Health and Social Affairs, Government of Sweden, who illustrated the Swedish government's action plan for improving dementia care. This year we the privileged to be the launching platform for the World Health Organizations's Guidelines for Dementia Risk Reduction, an important step in enabling healthcare providers to optimize their resources and help societies reduce their risk of developing dementia.

One of the unique elements of this year's event was the open mic session where we heard from three lucky volunteers about various perspectives we can look at dementia from. Throughout the day we also heard from the First Ladies of Iceland, Mrs. Eliza Reid and Chile, Mrs. Cecilia Morel, who discussed their countries' responses to addressing the challenges of dementia. We had the opportunity to interact with ministers, heads of businesses and institutions, and other stakeholders within the field.

Interactive Sessions were held in Prince Bertil's apartment after lunch. Participants had the opportunity to interact with real-life examples and modern solutions related to dementia as well as to listen and take part in inspiring dialogues on related topics. The aim of these sessions was to inspire conversations and

new ideas. Later in the day, participants returned to the Bernadotte library to take part in a dialogue about dementia-friendly communities following which Mrs. Paola Barbarino provided a recap of the meeting's proceedings. HM Queen Silvia of Sweden concluded the day with her keynote address and presented Alzheimerfonden's research grants to this year's recipients.

After the meeting, participants were invited to join a guided dementia-friendly art walk featuring female artists at the National Museum following which a joint dinner inspired by Professor Miia Kivipelto was held at the museum restaurant. The theme of the dinner was *A Tribute to Women's Minds*.





# Purpose

While the statistics look grim, there is hope. There are examples of successful interventions which ease the process of learning to live with dementia for both the people themselves and their caregivers.



## Dementia is a trillion dollar disease. 80% of these costs are borne by caregivers.

As we gathered for the third time, it is important for us to ask ourselves why we continue to advocate for this disease. Our immediate response might be to point out towards the economic costs of it. We know that dementia is a trillion dollar disease and that these costs are growing. On a larger scale, these costs are borne by entire countries as governments and healthcare systems need to adapt to the needs of aging populations. What is worrying is that these costs are growing and most new cases of dementia will occur in low to middle-income countries where welfare organizations do not have the resources to tackle the challenges of the disease. On a smaller scale, the societal cost of dementia tremendous. Businesses may not accommodate caregivers' needs to take time off from work which can result in them needing to leave their jobs to become full-time caregivers. Social hierarchies are reimposed because it is often women who assume the traditional role of being care providers in both the formal and informal sectors. Above all, however, dementia disease brings unprecedented emotional costs. For a child, watching their grandfather's memory of them fade away can be very distressing. Having to care for a parent or spouse with early-onset dementia can be frustrating as seemingly regular tasks like brushing and bathing become difficult.

While the statistics look grim, there is hope. There are examples of successful interventions which ease the process of learning to live with dementia for both the people themselves and their caregivers. Our understanding of the disease is also relatively new. The first case of Alzheimer's disease was only identified

as such in 1901. In comparison, the first documented case of chickenpox was in the 1600s and the vaccination was only made available in the 1900s. Therefore it's important that we remain optimistic in our pursuit towards a dementia-free society and before that a dementia-ready one.







# Voices Heard

HM Queen Silvia of Sweden

“Dementia is one of the largest, most complex and challenging health issues facing humanity today. Therefore, it fills me with hope to see the commitment that exists for this cause.”



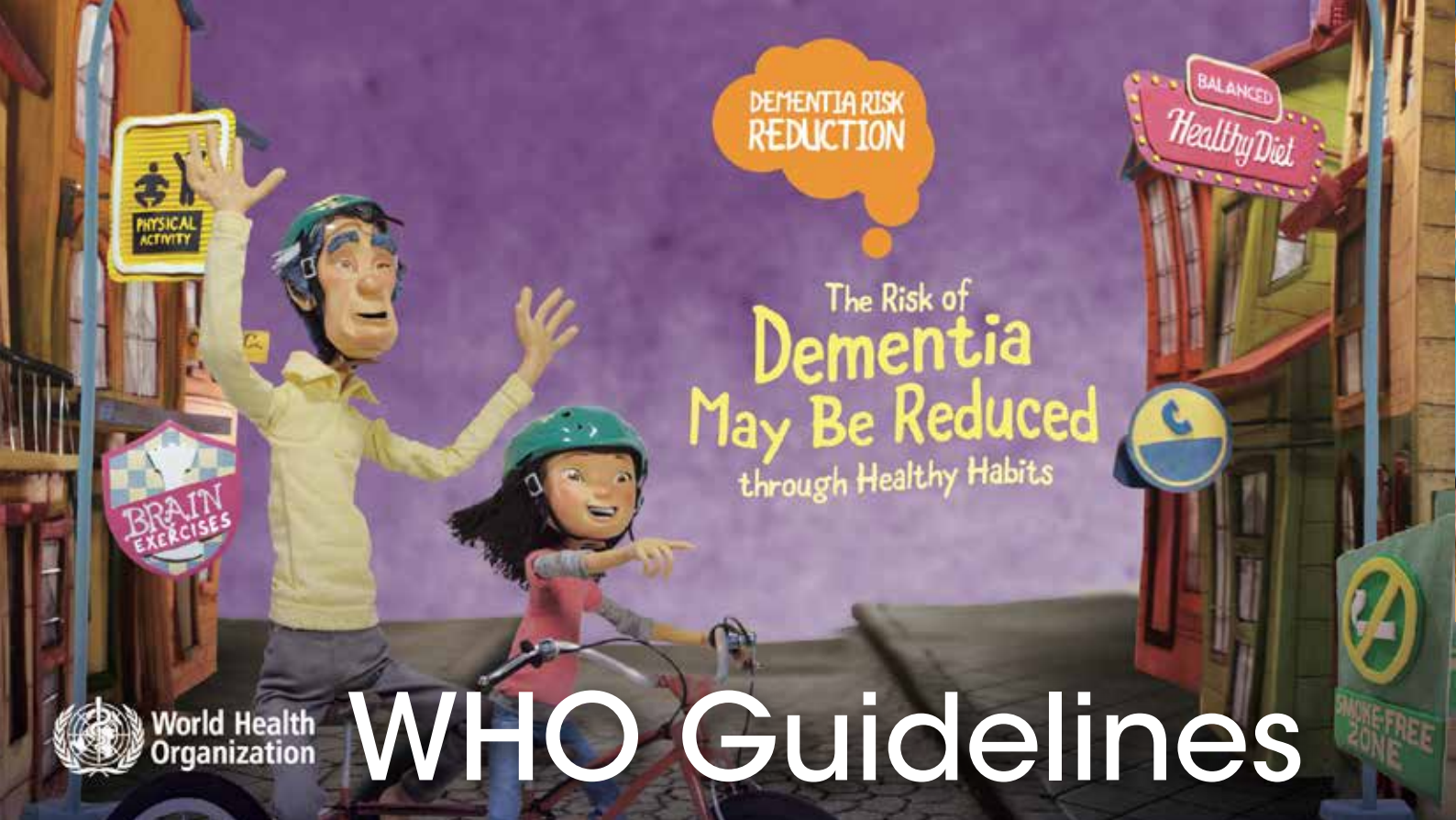
**HE Mrs. Lena Hallengren**

Minister of Health and Social Affairs, Government of Sweden

“The aim of government policies for women and men with dementia should be for them to age safely, independently, and live an active lifestyle.”

HE Mrs. Lena Hallengren is currently the Minister of Social Affairs in the current Löfvén cabinet. She is the former group leader and chairman of Parliament's Education Committee. She has also been Vice Chairman of the Social Committee and Chairman of the Traffic Committee, and a member of the Environment and Agriculture Committee and of the Climate Committee. She was 2002-2006 Minister for the preschool and youth and Minister for adult learning





# WHO Guidelines

As part of their mandate to provide evidence-based guidance for a public health response, the World Health Organization launched guidelines for dementia risk reduction at Dementia Forum X 2019. The guidelines contain recommendations for diet, exercise and other lifestyle factors which impact a person's likelihood of developing symptoms of dementia. The aim of these guidelines is to improve the lives of people with dementia, their caregivers and families, and to reduce the incidence rate of the disease.



## Dr. Tedros Adhanom Ghebreyesus

"These guidelines show that there are many things that we can all do to reduce the risk of dementia and cognitive decline later in life."

"We do not yet have a cure for dementia, that is why it is so important to take action to reduce the risk of dementia."



## Dr. Dévora Kestel Director of Mental Health and Substance Abuse, WHO

"A lot of the responsibility lies on governments and institutions to generate spaces so that we can live and promote healthy habits."

"Even the most advanced countries are not meeting the targets in the (effective) interventions."

Dr. Devora Kestel is the Director of Mental Health & Substance Abuse at the WHO. Prior to this, Dr Kestel was the sub-regional Mental Health Advisor working at the OCPC as a Short-Term Professional in the preparation of the Caribbean technical cooperation program. She worked for 10 years in the mental health field in Italy as a mental health consultant (representing the Trieste CC) for WHO/EURO. She also worked as mental health officer for the WHO office in both Kosovo and Albania.

## Prof. Ole Petter Ottersen President, Karolinska Institutet

"These guidelines are a major step forward. It is an attempt to systematize risk factors and help healthcare providers give suggestions to patients and societies at large to reduce their risk of developing dementia."

"Dementia is not a disease, it's a societal challenge"

Dr. Ottersen took office as President of Karolinska Institutet on August 1, 2017 after having served eight years (2009-2017) as rector (President) of the University of Oslo (UiO). From 2002 to 2009, he was Director of Centre for Molecular Biology and Neuroscience - one of Norway's Centres of Excellence. He has served as Dean of Research at UiO's Faculty of Medicine (2000-2002) and as Head of the UiO's Department of Anatomy (1997-1999). In his period as rector, he led the Norwegian Association of Higher Education Institutions (2013- 2015) and NUS- Det nordiska universitetssamarbetet (2013-2015). He has taught medical students since 1976.



# RISK REDUCTION OF COGNITIVE DECLINE AND DEMENTIA



World Health Organization

## WHO GUIDELINES

### Physical activity interventions

Physical activity should be recommended to adults with normal cognition to reduce the risk of cognitive decline.

*Quality of evidence: moderate*

*Strength of the recommendation: strong*

Physical activity may be recommended to adults with mild cognitive impairment to reduce the risk of cognitive decline.

*Quality of evidence: low*

*Strength of the recommendation: conditional*

### Tobacco cessation interventions

Interventions for tobacco cessation should be offered to adults who use tobacco since they may reduce the risk of cognitive decline and dementia in addition to other health benefits.

*Quality of evidence: low*

*Strength of the recommendation: strong*

### Nutritional interventions

The Mediterranean-like diet may be recommended to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: moderate*

*Strength of the recommendation: conditional*

A healthy, balanced diet should be recommended to all adults based on WHO recommendations on healthy diet.

*Quality of evidence: low to high (for different dietary component)*

*Strength of the recommendation: conditional*

Vitamins B and E, polyunsaturated fatty acids and multi-complex supplementation should not be recommended to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: moderate*

*Strength of the recommendation: strong*

### Interventions for alcohol use disorder

Interventions aimed at reducing or ceasing hazardous and harmful drinking should be offered to adults with normal cognition and mild cognitive impairment to reduce the risk of cognitive decline and/or dementia in addition to other health benefits.

*Quality of evidence: moderate (for observational evidence)*

*Strength of the recommendation: conditional*

### Cognitive interventions

Cognitive training may be offered to older adults with normal cognition and with mild cognitive impairment to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: very low to low*

*Strength of the recommendation: conditional*

### Social activity

There is insufficient evidence for social activity and reduction of risk of cognitive decline/dementia.

Social participation and social support are strongly connected to good health and well-being throughout life and social inclusion should be supported over the life-course.

### Weight management

Interventions for mid-life overweight and/or obesity may be offered to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: low to moderate*

*Strength of the recommendation: conditional*

### Management of hypertension

Management of hypertension should be offered to adults with hypertension according to existing WHO guidelines.

*Quality of evidence: low to high (for different interventions)*

*Strength of the recommendation: strong*

Management of hypertension may be offered to adults with hypertension to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: very low (in relation to dementia outcomes)*

*Strength of the recommendation: conditional*

### Management of diabetes mellitus

The management of diabetes in the form of medications and/or lifestyle interventions should be offered to adults with diabetes according to existing WHO guidelines.

*Quality of evidence: very low to moderate (for different interventions)*

*Strength of the recommendation: strong*

The management of diabetes may be offered to adults with diabetes to reduce the risk of cognitive decline and/or dementia.

*Quality of evidence: very low*

*Strength of the recommendation: conditional*

### Management of dyslipidaemia

Management of dyslipidaemia at mid-life may be offered to reduce the risk of cognitive decline and dementia.

*Quality of evidence: low*

*Strength of the recommendation: conditional*

### Management of depression

There is currently insufficient evidence to recommend the use of antidepressant medicines for reducing the risk of cognitive decline and/or dementia.

The management of depression in the form of antidepressants and/or psychological interventions should be provided to adults with depression according to existing WHO mhGAP guidelines.

### Management of hearing loss

There is insufficient evidence to recommend use of hearing aids to reduce the risk of cognitive decline and/or dementia.

Screening followed by provision of hearing aids should be offered to older people for timely identification and management of hearing loss as recommended in the WHO ICOPE guidelines.



# Stage Conversations



## Innovation as a Piece of the Puzzle

**Minister Jim Daly**

Minister of State for Mental Health and Older People, Government of Ireland

“This is innovation - what we are doing today, at Her Majesty’s request and invitation. This is innovative by its very nature and we need so much more of this.”

“If we can pool our resources together, and better streamline our collaborative approaches, that could be very innovative.”

James Daly is an Irish politician who serves as Minister of State for Mental Health and Older People since June 2017. He has been a Teachta Dála (TD) for the Cork South-West constituency since 2011. He previously served as Chair of the Committee on Children and Youth Affairs from 2016 to 2017. Prior to being elected to the Dáil, he was a member of Cork County Council for the Skibbereen electoral area.

The global challenge of dementia is indeed a multifaceted issue, which requires a collective approach. The moderator of the event Mrs. Nisha Pillai interviewed representatives from the five sectors gathered at Dementia Forum X: research, care, society, finance and business, to introduce the complexities of the problem we are facing. Their voices have also pointed to pathways of advancing solutions in tackling the dementia challenge.



### Interviews were lead by the moderator of the event – Mrs. Nisha Pillai:

Nisha Pillai is an accomplished former news presenter with BBC World News who now specialises in moderating Panel Discussions and High Level Dialogues. She has worked closely with several UN agencies, with scientific institutes such as CERN, and with industry events and conferences in the Finance, IT and Energy sectors. Nisha has worked extensively in the Nordic region, including hosting an event for the Swedish government examining the health effects of cannabis and for the Swedish Society of Medicine on Global Health Trends.

Nisha’s 25 year career at the BBC culminated as one of the main news anchors at BBC World News, where she reported extensively during the 9/11 attacks and the Iraq war. She was also one of the first regular interviewers on Hard Talk. As an award-winning investigative journalist at Panorama, the BBC’s flagship current affairs programme, Nisha had notable investigations to her name. She was awarded the Royal Television Society’s Award for her investigation into the late Robert Maxwell, which was broadcast a month before his death. Nisha cut her teeth as a financial journalist at the Investors Chronicle and on the BBC’s Money Programme. She studied economics at the London School of Economics and was a graduate trainee at Schroders.

**Francesca Colombo**

Head of the Health Division, OECD

“We have 20<sup>th</sup> century systems handling 21<sup>st</sup> century challenges... We cannot just care for the person with dementia, we need to take care of the person who takes care of the person with dementia.”

Francesca Colombo - As Head of the OECD Health Division, Francesca Colombo is responsible for OECD work on health, which aims at providing internationally comparable data on health systems and applying economic analysis to health policies, advising policy makers, stakeholders and citizens on how to respond to demands for more and better health care.



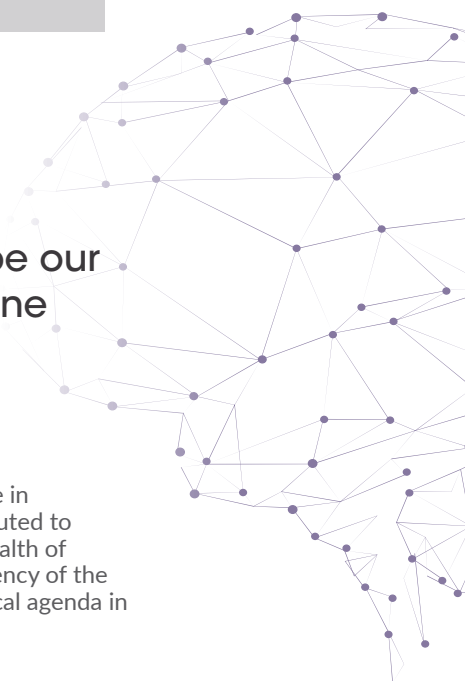


## The Chilean Perspective

**Mrs. Cecilia Morel**  
First Lady of Chile

"We might not yet have the knowledge to fully understand Alzheimer's. But never, under any circumstances, should we forget that we are working with people. With people who could be our grandparents, parents, siblings, children and one day it might even be you or me."

First Lady Cecilia Morel has been actively promoting the importance of a healthy lifestyle in Chile. She led the creation of Fundación Chile Vive Sano (To Live Healthy), which contributed to the struggle against obesity and physical inactivity, two of the main risk factors to the health of Chile's population. She presided over the seven foundations that come under the Presidency of the Republic's Foundations Network. She also worked on putting older persons on the political agenda in collaboration with UN.



## Finance in the Dementia Space

**Mr. Harry Johns**  
President and CEO, Alzheimer's Association

"There is a whole continuum which begins at diagnosis that makes a huge difference for people with dementia and their families"

Harry Johns is the President and CEO of the Alzheimer's Association. The Association has created and driven the public discussion about Alzheimer's in America and has achieved significant public policy advances within dementia. Harry Johns was appointed by the Secretary of Health and Human Services to serve as a member of the Advisory Council on Alzheimer's Research, Care, and Services from 2011-2017. Following the 2013 G8 Dementia Summit, he was named to the World Dementia Council, and in 2017, he was elected to a two-year term as its chair.

**Prof. Anders Wimo**  
Professor of Geriatrics, Karolinska Institutet

"Prevention takes time. The benefits of preventative measures on per case level maybe small but the collective social impacts are enormous"

Anders Wimo is a prominent researcher in Health Economics, elderly care and dementia care. He is an adjunct professor in Geriatric General Medicine at the Department of Neurobiology, Care Science and Society. Among his research, he has examined the risk factors for the disease and costs for the care. He now participates in the Swedish National Project on Aging and Care (SNAC), with the goal to build a database for analysis of elderly care. Another branch of his research is pharmaceutical health economics studies for the treatment of dementia diseases.





## Biking Across the Globe

Kristian Halfwordson, Adventurer, Bike for Dementia

The Dfx participants had the opportunity to meet Kristian via video link from his current location in southern Serbia as he continues his journey on a bike traversing the Earth whilst raising fund for dementia research.



In September of 2018, Kristian Halfwordson, a project manager at an insurance company in Stockholm, decided to quit his job to realize his life-long dream, riding a bike around the world for two years. The total distance is around 40,000 km. This project is initiated and organised in collaboration with Dementia Forum and the Swedish Alzheimer Foundation with a purpose of raising funds for dementia research and concurrently also increase people's awareness about dementia diseases.







# #BeBrainPowerful

The Be Brain Powerful campaign aims to create brain health heroes among women and was launched in the United States in November 2018 by USAgainstAlzheimer's and WomenAgainstAlzheimer's as part of their Campaign for Women's Brain Health.

As one of the themes for Dementia Forum X this year is Women's Brain Health, the purpose of this dialogue is to highlight the BBP campaign and the Swedish launch in combination with a conversation on the importance of highlighting the gender aspect within dementia care and research.

"Our children are watching us care for our partners and spouses and they are afraid for their futures. We need to assure them that there's nothing to be afraid of."

- Mrs. Meryl Comer

"It's so important to have this action plan. It takes 15-17 years to start implementing results but we can't wait so long. We need an urgent solution."

- Prof. Miia Kivipelto

"I want to challenge all the businesses in Sweden, big ones and small ones, to start to normalize this discussion. It should be as normal to discuss as going to the gym, sleeping enough and eating healthy."

- Mrs. Anna Månströmer

"We need to build a movement like we have done in the past for AIDS and cancer. If you can empower women, you can change the face of this disease."

- Mrs. Sarah Lenz Lock

## Contributors:

**Meryl Comer** is the Chair and Co-Founder of the Global Alliance on Women's Brain Health. Meryl Comer is also the Co-Principal Investigator for the PCORI Alzheimer's, Dementia, Patient & Caregiver Powered Research Network (funded by PCORI), a partnership between the Mayo Clinic, UCSF Brain Health Registry and UsAgainstAlzheimer's.

**Miia Kivipelto** is a professor at Karolinska Institutet and the Senior Geriatrician and Director of Research & Development of Theme Aging at Karolinska University Hospital, Stockholm. Professor Kivipelto is the principal investigator of the landmark FINGER trial, which is the first large-scale trial showing that a multi-domain lifestyle-based intervention can reduce the risk of cognitive impairment among at-risk persons from the general population.

**Anna Månströmer** is the Head of Marketing and Communication at ASSA ABLOY Opening Solutions Sweden. She has extensive experience in corporate marketing and employee engagement within global A-list organizations. Anna is proud to be ASSA ABLOY's ambassador at Dementia Forum X, which is the first organization in Sweden to establish the launch of #BeBrainPowerful in the country.

**Sarah Lenz Lock** is the Senior Vice President for Policy in AARP's Policy, Research and International Affairs (PRI). She leads AARP's policy initiatives on brain health and care for people living with dementia, including serving as the Executive Director of the Global Council on Brain Health, an independent collaborative of scientists, doctors and policy experts convened by AARP to provide trusted information on brain health.





## Dementia Forum X as an Export

A brief conversation of the internationalization of Dementia Forum X with our partners in Japan and South Korea on the topic of the two upcoming local DFX meetings in 2020.

“We are working on a project in collaboration with the Korean government and through Dementia Forum X we want to bring more advanced knowledge and practices to Korea.”

Mr. Sam Jeon, CEO, 5-BRAIN

“Dementia disease is too big to cover all at once which is why we need specific areas of focus. We are now getting into the digital age and there are several opportunities for using digital tools. We need this forum to share technology with more companies.”

Mr. Hiroshi Nishino, President and CEO, HI Initiative inc.

In 2014, Mr. Sam Jeon was diagnosed with serious memory impairment. Fortunately, rigorous brain training exercises helped him overcome his diagnosis and he was able to recover from the condition in less than 2 years. Being inspired by this eye-opening experience, Mr. Jeon would like to help other people take preventive measures, manage or overcome their diagnoses. Therefore 5-BRAIN Co. Ltd. was established with a vision to make the world a better place for people with a diagnosis for brain-related diseases such as dementia.

Mr. Hiroshi Nishino is a President & CEO of HI Initiative Inc. and a Co-Founder of Digital Business Innovation Centre. Mr. Nishino founded Proseed Corporation in 1991 and has worked to implement a management framework into various both Japanese and global companies such as Microsoft, Apple and Government Agencies as a President & CEO until 2017.



## Open Mic @ The Royal Palace

Participants were given the opportunity to apply for a three minute open mic session à la comedy club. Three lucky individuals were selected.

“When we look at how to make products in dementia care work well, we have to look beyond its function. We have to look at its design; how we can use color, contrast, and create better sound to reduce noise in the environment.”

Mr. Gang Zhang

“The real question for policy makers is how are we going to deploy the things we already know.”

Prof. June Andrews

“One of the things that I’ve been missing in this discussion is the marketing part. We have so many great ideas and wonderful initiatives, but we need a very good buzz to help us win this fight that we are fighting together. If we don’t win the mind and hearts of the public we’re not going to win this battle”

Mr. Ulrich Zerhusen





# The RAND Conversations

“In the next 30 years, Brazil’s population will be like Japan’s is today. The difference is that these countries developed first while developing countries are aging first”

Dr. Alexandre Kalache President of the International Longevity Centre Brazil

**Contributors:**

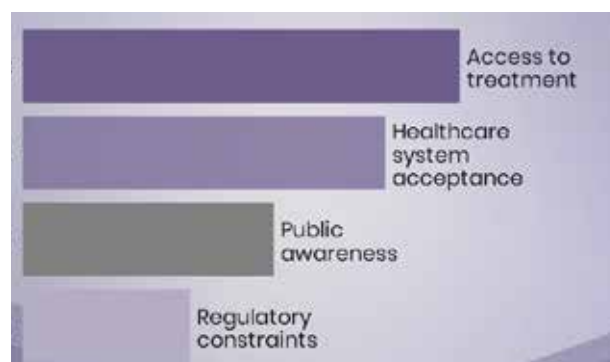
Dr. Soeren Mattke, Senior Research Scientist, Director of the Center for Improving Chronic Illness Care, The RAND Corporation/USC

Ms. Elina Suzuki, Health Policy Analyst, OECD

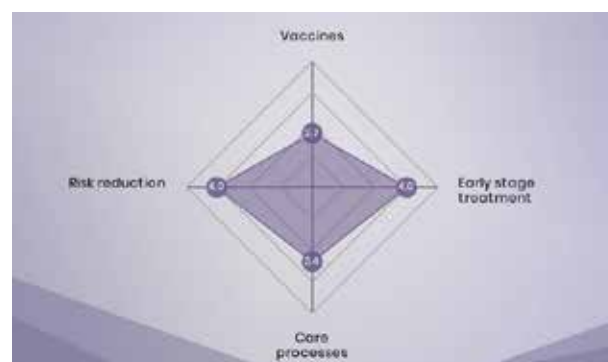
Moderator: Mr. Christopher Lynch, Policy, Deputy CEO and Director of Policy, Communications & Publications, Alzheimer’s Disease International

## Participants were asked:

What are the biggest challenges in implementing a disease-modifying treatment?



What is the most crucial development related to dementia treatment?



A disease-modifying therapy for Alzheimer’s disease might become available within a few years. As this treatment will need to be used in the early stages of the disease to prevent the progression to manifest dementia, health systems worldwide face the challenge to identify, diagnose and treat patients in a timely manner. Approximately 90 million people might have to be evaluated for signs of early disease and around 2.5 million will be treated in the U.S. alone. The purpose of this workshop was to discuss how to prepare health systems for the delivery of a disease modifying treatment.

The RAND report “Assessing the Preparedness of the Health Care System Infrastructure in Six European Countries for an Alzheimer’s Treatment” was a basis for the discussion with lead author Dr. Soeren Mattke and Health Policy Analyst Ms. Elina Suzuki of the OECD. The goal was to encourage the participants to think beyond drug development and about how societies need to adapt health systems for faster implementation. The participants actively participated in the discussion by engaging with the speakers through the Mentimeter app.



The RAND Corporation is a nonprofit, nonpartisan, research organization, that is committed to the interest of the public. RAND’s vision is “to be the world’s most trusted source for policy ideas and analysis”. RAND develops solutions to public policy challenges to help make communities throughout the world safer and more secure, healthier and more prosperous.



The Organisation for Economic Co-operation and Development is an intergovernmental economic organisation with 36 member countries, founded in 1961 to stimulate economic progress and world trade. OECD’s mission is to promote policies that will improve the economic and social well-being of people around the world.



Alzheimer’s Disease International is the international federation of Alzheimer associations around the world, in official relations with the World Health Organization. ADI’s mission is “to strengthen and support Alzheimer associations, to raise awareness about dementia worldwide, to make dementia a global health priority, to empower people with dementia and their care partners, and to increase investment in dementia research.”







# Dementia Adaptation in Practise

“If we could help the elderly and prevent them from falling, what a great difference technology could make”  
 Mr. Mike Boyer, Vice President of International Operations Home Instead Senior Care

**Contributors:**  
 Mr. Francis Lacoste, Director, Village Landais  
 Mrs. Britt Monti, Creative Leader, IKEA  
 Mr. Eloy van Hal, Senior Advisor, Hogeweyk  
 Moderator: Mike Boyer Vice President of International Operations, Home Instead



To understand the unique needs of the population of those living with dementia, a dialogue between some of the most hands-on developers in the space took place, namely the leaders of two of the most large-scale residential projects ever created for those living with dementia in the focal point – the Village Landais in France and the Hogeweyk village in The Netherlands.

In addition to this, we discussed the same issues from the perspectives of the largest home care provider globally, Home Instead, and that of IKEA, who have developed home furnishings with also those in mind who need enhanced functionality and ergonomics in their everyday life, through its “Omtänksam” range.



**Home Instead Senior Care** - Founded in 1994, Home Instead Senior Care is the largest senior care organization in the world. Their mission is to enhance the lives of aging adults and their families. The Home Instead Senior Care network includes more than 1,000 franchise offices in 12 global markets.



**Hogeweyk** is a specially designed village with 23 houses for the 152 elderly living with dementia. The design and decoration of the homes and surroundings is tailored to the different lifestyles of its residents.



**The Village Landais Alzheimer** offers person-centred and non-pharmacological approaches to support. All staff must be enthusiastic and have a good understanding of support needs, especially the importance of assessing the patients’ remaining capacities to promote success.



**IKEA** is a Swedish-founded multinational group with a vision to create a better everyday life for the many people – for customers, co-workers and the people who work at (their) suppliers. IKEA’s OMTÄNKSAM range is designed for people with additional support needs including people with dementia.







## Dementia Solutions and Tech

“By highlighting excellence in creative dementia tools, Dementia Forum X hopes to encourage other innovators to consider entering the market with even more solutions and applications.”

Mr. Ludvig Mörnesten, Deputy Managing Director, Swedish Care International



The aim was to create an interactive showcase where decision-makers would be able to see how technology could change how we look at dementia care. The companies selected to participate on this workshop are great examples of how technology can improve the quality of life for those living with Dementia and as well as for the people caring for them. The participants of the Forum had the chance to try the different solutions as well as discuss the potential implementations and benefits directly with the companies.



**Camanio Care** is a robotics company which produces welfare technology for the healthcare sector. The technology is efficient and focused on helping people improve their quality of life.



**Combinostics** provides advanced tools for data-driven diagnostics, giving the physician a holistic view of all patient data. The technology extracts biomarkers from images, lab data and cognitive tests and contrasts them with data from previously diagnosed patients.



**Sensara** offers solutions to support senior citizens with smart sensor technology that can enable vulnerable senior citizens to maintain control of their lives in their own homes. Sensara's main objective is to provide freedom and independence.



**Memocate** of Finland offers digital training materials to support the treatment of patients with memory-related ailments. The online training platform provides operational models for challenging situations in care and emotional difficulties associated with caregiving.



**NeuroHero's** Speech and Language therapy apps provide rehabilitation and education for adults living with speech and language difficulties that often follow stroke, brain injury, dementia, aphasia, autism and a range of other conditions.



**Øystein Johannessen and Silvia Certified Therapy Dogs Othello and Bellman** have been specializing in animal assisted therapy in nursing homes since 2011. Johannessen is one of Scandinavia's most avid ambassadors for the use of animals in the care of elderly and people living with Alzheimer's.

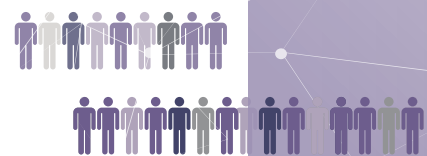






# Dementia Friendly Communities

The purpose of this session was to further the conversations held at the World Dementia Council meeting in London on December 6<sup>th</sup> 2018 and raise the topic of dementia friendly communities to the center stage and how we together can shape this communities from a micro and macro perspective.



**Ms. Jacqueline J.M. Hoogendam**  
Dementia Policy Coordinator, Ministry of Health, Welfare and Sport, The Netherlands

“We have paid a lot of attention to adapting the indoor environment for people with dementia but not enough to the outdoors. We need to think about things like the pavement people walk on or the benches they sit on.”

Jacqueline Hoogendam started her professional career as a lawyer in the private sector. In 1994 she switched to the Dutch government, the Ministry of Justice, with special responsibility on crime prevention and business ethics. After developing a chronic disease herself, she was offered a position at the Ministry of Health, Welfare and Sport in 2007. At the Department of Long Term Care she became responsible for dementia care. In the past years she extended this position to dementia policy co-ordinator for the entire ministry on both a national and an international level.

**Mr. Ian Stuart**  
CEO, HSBC Bank UK

“I will not have people coming asking for time off to go and care for relative. If they don't know they can do that, we've failed them.”



Ian Stuart is the CEO of HSBC Bank UK and has over 35 years' experience in the banking industry across a number of financial institutions and holding a number of senior leadership roles. In 2016, HSBC Bank UK launched a strategic partnership with Alzheimer's Society and Alzheimer Scotland, supporting the business and financial world to help create ground-breaking dementia friendly changes across the banking industry.

**Mr. Lenny Shallcross**  
Executive Director, World Dementia Council

“Success is when someone in the future looks at a dementia-friendly society and says 'that is so old fashioned'”

Lenny Shallcross, Executive Director of the World Dementia Council, which was founded as a result of Prime Minister David Cameron's challenge on dementia 2020. Prior to that he was Head of Community Engagement leading programmes across the UK to establish Dementia Friendly Communities. This includes the Dementia Friends programme which is the biggest health social movement campaign in the UK.







## Thoughts From the Day

### Mrs. Eliza Reid

First Lady of Iceland

“... Now very thankfully, dementia is nothing to be ashamed of. It’s like getting anything else. People are more comfortable talking about it...”

“...In all seriousness, that’s a huge achievement and extremely important...”

Eliza Jean Reid, the First Lady of Iceland, was born in 1976 in Ottawa, Canada. She moved to Iceland in 2003. Madame Reid holds an Honours Bachelor of Arts degree in international relations from Trinity College, University of Toronto, where she held the position of Head of College in her final year. She holds a Master of Studies degree in modern history from St. Antony’s College, Oxford University. She speaks French and Icelandic.

This year’s Dementia Forum X highlighted the importance of commitments and responsibilities; as well as the understanding of healthcare systems within the dementia sphere. Featuring Mrs. Paola Barbarino, CEO, Alzheimer’s Disease International in a discussion with Mrs. Nisha Pillai, this session summarized Mrs. Barbarino’s key takeaways by focusing on how countries are working to address the challenges of dementia.

#### COMMITMENTS

Two small but important political announcements were made at this year’s Dementia Forum X. The first was made by the HE Mrs. Lena Hallengren, Minister of Social Welfare and the Elderly in Sweden followed later by the First Lady of Chile, Mrs. Cecilia Morel.

Minister Hallengren spoke about new policies in Sweden for the national dementia registry as well as the implementation of daycare centers. Of particular significance is Hallengren’s use of terms such as inclusion and participation in describing these policies, demonstrating that the government is intent on taking action within this area.

The First Lady of Chile announced an important change in the Chilean healthcare system. The government will allow early-stage dementia patients to get access to welfare. While this might not be viewed as significant, by allowing patients in the early stage to get help could change the lives of many throughout the country. Chile is the only country in South America to have a national plan for addressing the challenges of dementia.

#### WHO RISK REDUCTION GUIDELINES

Mrs. Barbarino also narrowed on statements made during the WHO Risk Reduction Guidelines session. She found it particularly meaningful that the speakers communicated that the responsibility to disseminate the guidelines lies with governments as opposed to individuals

#### FINAL REMARKS

Mrs. Barbarino wrapped up the session with remarks on the need to remain optimistic in our journey towards dementia-ready societies. She focused on the need to focus on the individual needs of countries instead of generalizing interventions to all countries because every society has different needs and resources. Only when we address these individual needs can we achieve the ‘global’ solution that we are working towards.





“While we may feel that there is little cause for celebration, there are encouraging examples of the opposite; of developments that have been achieved through the uniting of minds - by coming together to make a difference.

This meeting, Dementia Forum X, also has the ambition to serve as a platform for international collaboration and knowledge sharing which, to me, seems to be the only way forward to achieve lasting change.”

Her Majesty Queen Silvia of Sweden



## Dinner at Nationalmuseum

At the end of the program, we offered a tour of the National Museum’s newly refurbished building. The tour was conducted through the means of a dementia-friendly guided art walk featuring female artists. This was followed by dinner at the museum’s restaurant, courtesy of AARP. The theme of the dinner, titled A Tribute to Women’s Minds, was a continuation of one of the main topics of today’s event, Women’s Brain Health. The meal was inspired by the FINGER study which highlights the importance of diet as a preventative measure against developing dementia.

**AARP**  
Real Possibilities





# E-Learning and other projects

## Queen Silvia Nursing Award

HM Queen Silvia described the growth of the Queen Silvia Nursing Award project, which awards nursing students with best ideas in elderly and dementia care and grants them a yearly internship. The award is now available in four countries: Sweden, Finland, Poland and Germany, created by Swedish Care International and its partners.



## Smartphone & tablet applications

Currently we offer three mobile applications, free of charge: Elderly Care, Dementia Support and Memory Box which are full of useful information for people affected by dementia and caregivers. In addition, we are soon to launch a new pre-diagnostic mobile application Geras, presented during the second Dementia Forum X, which will allow many to speed up the diagnosis process in a more personalised, accurate and easy to use manner.



**Dementia Support**  
Mobile App  
[www.dementiasupport.se](http://www.dementiasupport.se)



**Elderly Care**  
Mobile App  
[www.elderlycareapp.com](http://www.elderlycareapp.com)



**Memory Box!**  
Mobile App  
[www.memoryboxapp.org](http://www.memoryboxapp.org)

## E-Learning

Swedish Care International is proud to introduce our new suite of e-learning courses, geared towards care professionals and organizations adjacent to the care industry. Our courses deliver a modern and highly engaging learning experience, making use of cutting-edge trends such as micro-learning, gamification, adaptive learning, and interactive video.

## Swedish education and training

Swedish Care International strives to make good elderly and dementia care based on Silviahemmet philosophy and the Swedish experience available internationally by offering a wide range of training programs and courses. The programs are directed towards nursing homes managers, nurses, doctors and care personal as well as personnel of private businesses. Feel free to contact [info@sci.se](mailto:info@sci.se) for more information.

# Thank you note



Dementia Forum X has once again showed that sharing experience and ideas in a diverse group of individuals deeply engaged in the dementia space has the power to initiate significant progress on our way towards a dementia free society. Your focus on collaboration, dialogue and finding solutions have contributed to a truly inspiring and unique event.

Thanks to you, Dementia Forum X will continue to be an occasion where creative action on dementia is initiated and advanced. May this meeting encourage you in your everyday work, so that the conversations and ideas become tangible projects and results.

**Thank you for being part of Dementia Forum X!**

All the fantastic photographs by Yanan Li



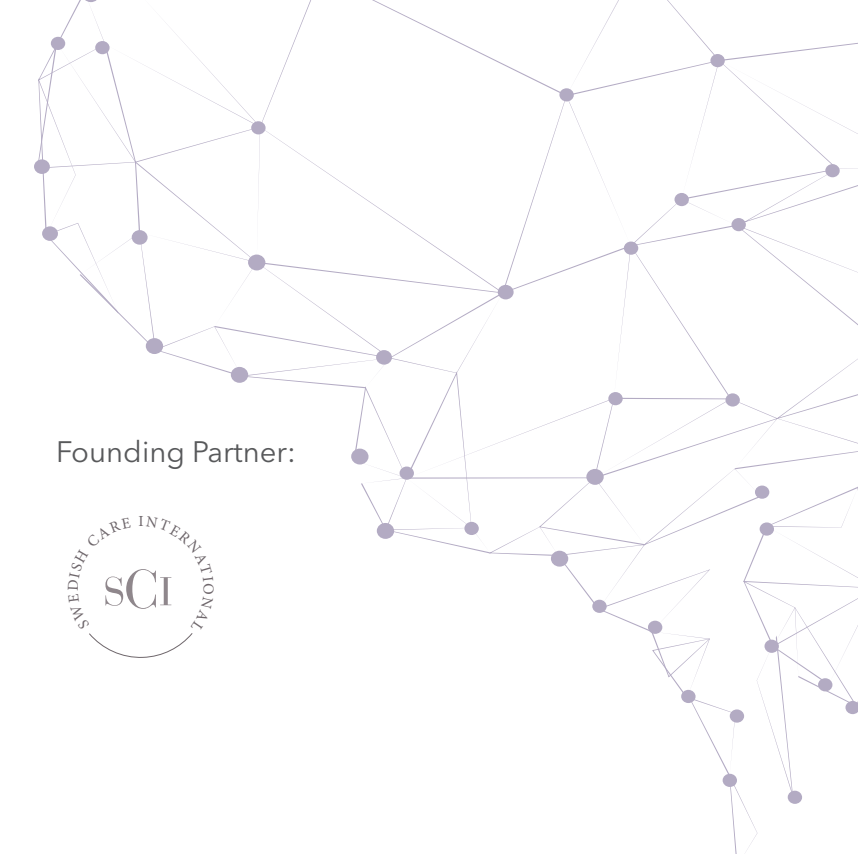


# Partners

Organised by:

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ELDERLY CARE

Founding Partner:



Collaboration Partners:



Partners:





# Participant list

HM Queen Silvia of Sweden

HM Queen Sofía of Spain

HIH Princess Takamado of Japan

HRH Princess Sofía of Sweden

Mrs. Cecilia Morel, First Lady of Chile, Government of Chile

Mrs. Eliza Reid, First Lady of Iceland, Government of Iceland

HE Mrs. Lena, Hallengren, Minister of Health, Government of Sweden

HE Mr. Jim Daly, Minister of State for Mental Health and Older People, Government of Ireland

Minister Mrs. Anne Bramo, State Secretary, Ministry of Health and Care Services of Norway

Mrs. Akie Kimoto, Board Member and Operating Officer, Japan Swedish Care Institute

Mr. Alberto Carcámo, Cabinet Chief, Office of the President of Chile

Dr. Alexandre Kalache, Co-President, International Longevity Centre (ILC)

Ms. Alison Evans, Head of Policy and Impact, Alzheimer's Research UK

Prof. Anders Wimo, Professor of Geriatrics, Karolinska Institutet

Ms. Anna Bertilsson, Global Marketing Director Wound Care, Mölnycke Health Care

Baroness Anna Hamilton, First Lady of the Court, Royal Court of Sweden

Ms. Anna Karlsson, CEO, Manifest Stockholm

Ms. Anna Karlström, Account Director, Manifest Stockholm

Mrs. Anna Månströmer, Head of Marketing and Communication, ASSA ABLOY Opening Solutions Sweden

Mr. Arturo Coello, Head of Office of HM Queen Sofía of Spain, Royal Court of Spain

Ms. Barbro Ehnbohm, Chairman of the Board, Swedish American Life Science Summit

Mrs. Benedicta Lindberg, President, Order of Malta Scandinavian Association

Prof. Bengt Winblad, Professor of Geriatrics, Karolinska

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Mrs. Birgitta Rydbeck Dinkelspiel

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Mr. Christer Möller, VP Pre-Clinical Development, Chief Scientific Officer, BioArctic

Baroness Christina von Schwerin, Lady-in-Waiting, Royal Court of Sweden

Mr. Christopher Lynch, Deputy CEO and Director of Policy, Communications & Publications, Alzheimer's Disease International

Mr. Chuck Stetson, CEO, Stetson Family Office

Mr. Claes Dinkelspiel, Chairman of the Board, Swedish Care International

Mr. Dan Wieberg, International Public Relations Director, Home Instead Senior Care

Dr. Daniela Gomez, Health Coordinator, SBA

HE Mr. David Cairns, Ambassador, Embassy of the United Kingdom

Mr. David von Schinkel, CEO, Tidö Slott

Mr. David Sánchez, Deputy Head of Communication, Royal Court of Spain

Dr. Dévora Kestel, Director of Mental Health and Substance Abuse, WHO

Mr. Diego Sanz, Deputy Head of Protocol, Royal Court of Spain

Mrs. Ebba von Mecklenburg, Royal Housekeeper, Royal Court of Sweden

Ms. Elina Suzuki, Health Policy Analyst, OECD

Mrs. Elisabeth Vaagen, Sub-Director, Ministry of Health and Care Services of Norway

Mr. Eloy van Hal, Senior Managing Consultant and Founder, De Hogeweyk

Mrs. Ethel Forsberg, Director General, Forte

Ms. Eva Lundell Fragnière, Advisor, IKEA

Ms. Ewa Samuelsson, Chairman of the Board, Swedish Dementia Centre

Ms. Francesca Colombo, Head of Health Division, OECD

Mr. Francis Lacoste, Head of Department and Director, Village Landais Alzheimer, Welfare Sector of Landes District

Mr. Fredrik Rågmark, CEO, Medicover

HE Mr. Gabriel Busquets, Ambassador, Embassy of Spain

Mr. Gang Zhang, VP Segment Marketing Acute & LTC, Arjo

Mr. George Vradenburg, Convener, The Global CEO Initiative on Alzheimer's Disease

Mrs. Gun Eklund, CEO, Folkhälsan Syd

Dr. Gunilla Nordberg, VP, Swedish Dementia Centre

Mrs. Gunilla Osswald, CEO, BioArctic

Mrs. Gunilla von Platen, Chairman of the Board & Founder, Xzakt Kundrelation

Mr. Harry Johns, CEO and President, Alzheimer's Association

Mr. Haukur Johnson, Specialist, Embassy of Iceland

Mr. Haza Newman, CEO, Geras Solutions

Ms. Helén Waxberg, Senior Advisor, Mannheimer Swartling

HE Mr. Hernán Bascuñán, Ambassador, Embassy of Chile

Mrs. Hild Østerberg, Counsellor, Embassy of Norway

Mr. Hiroshi Nishino, President & CEO, HI Initiative Inc.

Mr. Ian Stuart, CEO, HSBC Bank UK

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Mr. Lenny Shallcross, Executive Director, World Dementia Council

Prof. Li-Huei Tsai, Director and Professor, The Picower Institute for Learning & Memory

Mrs. Lil Ryott, President, Dr Åke Olsson Foundation

Ms. Liselotte Jansson, Secretary General, Alzheimerfonden

Mr. Ludvig Mörnsten, Deputy Managing Director, Swedish Care International

Ambassador Magnus Vahlquist, Former Swedish Ambassador to Japan

Mr. Makoto Senzaki, First Secretary, Embassy of Japan

Prof. Maria Eriksdotter, Professor of Geriatrics, Karolinska



# Participant list

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Mrs. Meryl Comer, Co-Founder and Chair, Global Alliance on Women's Brain Health

Prof. Miia Kivipelto, Professor of Clinical Geriatrics, Karolinska Institutet

Mr. Mike Boyer, VP of International Operations, Home Instead Senior Care

Mr. Mikio Aoki, Director of Commercialisation of Public Services, Ministry of Economy, Trade and Industry of Japan

Dr. Monica Winge, Affiliated Researcher, University of Stockholm

Mrs. Märta Christina Vahlquist

Dr. Nazneen Anwar, Regional Advisor, Mental Health, WHO Regional Office for South-East Asia

Ms. Neha Sinha, CEO, Epoch Elder Care

Mrs. Nisha Pillai, Moderator

Prof. Ole Petter Ottersen, President, Karolinska Institutet

Mr. Oskar Taxen, Political Adviser to the Minister, Government of Sweden

Mr. Pádraig Kelly, Secretary to Minister Daly, Government of Ireland

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Mrs. Ragna Thorhallsdottir, Chief of Division, Government of Iceland

Mr. Sam Jeon, CEO, 5-BRAIN

Mrs. Sarah Lenz Lock, SVP for Policy, Research and International, AARP

Docent Sebastian Palmqvist, Associate professor at Clinical Memory Research, Lund University

HE Mr. Shigeyuki Hiroki, Ambassador, Embassy of Japan

Mrs. Sigrun Berg, Secretary to HM Queen Silvia of Sweden, Royal Court of Sweden

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Consul General Tord Magnuson, Honorary Consul, Consulate of the Republic of Mauritius in Sweden

Mr. Toshihiro Nakagomi, CEO, Japan Swedish Care Institute

Mr. Ulf Adelson, Former Minister of Communication

Mr. Ulrich Zerhusen, CEO and Owner, St Anna Stift

Dr. Ursula Sottong, Head of National Malteser Competence Center for Dementia Care, Order of Malta Germany

Dr. Vreni Schoenenberger, Global Head of Public Affairs, Neuroscience, Novartis

## Grant and Award Recipients:

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Docent Sebastian Palmqvist, Associate Professor at Clinical Memory Research, Lund University

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Ida Berggren  
Mariama Samateh  
Simon Andersson  
Sherry Yujing Cai  
Sophie Lu-Axelsson

And all the volunteers who helped us throughout the day





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